

# Top 10 Health Benefits of Karela [Bitter Gourd] Juice

By Vineetha (<http://www.healthbeckon.com/author/radha/>) in Vegetables  
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Though it is bitter to taste, the juice of Karela (Bitter Gourd) is full of essential nutrients. Not only is it extremely nutritional, it is, in fact, considered a miraculous health drink. Karela juice has innumerable health benefits. It is an essential tonic for those who are diabetic. Not only patients, but in fact, everyone can get some or the other benefit out of this juice.

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Karela is profoundly grown in Asian and sub-tropical climates. It makes an essential detoxifier and skin cleanser. Regular intake of this bitter herb helps boost the immune system while removing all unnecessary toxins. Bitter guard is considered a fruit as it has seeds. However, the most common usage of this fruit is as a vegetable, often used for cooking.

## Karela Juice Benefits for Health:

### 1. Diabetes:



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Bitter gourd has multiple health benefits. It is mostly consumed for triggering the blood sugar level. Diabetes is a common ailment that affects many people today. Regular intake of bitter gourd juice helps prevent the rise of blood sugar levels. It also helps cure insulin resistance without taking any external medication.

### 2. Cancer:

If not detected at the right stage, cancer is almost an incurable disease. Karela juice benefits to prevent some particular types of cancer. It also helps trigger leukemic cancer cells effectively.

### **3. Antioxidant:**

Karela juice is an excellent natural antioxidant. Antioxidant is essential for removing toxins from the body. At the same time, it helps to rejuvenate the body cells and prevents free radicals. The juice of karela is the finest tonic for those who are addicted to smoking. Taking karela juice helps to cleanse the nicotine layer from the system.

### **4. Asthma:**

Asthma patients can highly benefit by having karela juice. It helps cure chronic cough and breathing problems by removing the sputum that accumulates within the lungs and the respiratory tract.

### **5. Skin:**

Karela juice is excellent for the skin. It helps to remove the fine lines from the upper surface of the skin. Having this juice will also prevent premature ageing. It helps cure and purify blood from within the system.

### **6. Digestion:**

Karela juice enhances digestion. It increases the production of enzymes that aid the digestion process.

### **7. HIV/AIDS:**

Regular consumption of karela juice is best for triggering the condition of an HIV patient. Studies conducted on natural antidotes of HIV/AIDS establish the goodness of bitter guard in preventing further damaging of the skin cells.

### **8. Weight loss:**

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## 9. Immune System:

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Karela juice helps to boost the immune system.

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## 10. Constipation:

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Regular consumption of karela helps to cure constipation.

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## Nutrition Value of Karela Juice

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Karela is an excellent source of all essential nutrients. The amazing health benefits of karela are all attributed by its excellent nutrient content. Be it the vitamins or the minerals, karela has it all. Regular consumption of karela juice fulfills the deficiency of major nutrients that we require on a daily basis. It is a rich store of all water-soluble vitamins like vitamin C, B1, B2, and B3. It

also contains minerals like zinc, alkaloids, manganese, and folic acid. The vitamins and minerals in bitter melon are much higher when compared to other green vegetables that are popularly available.

## Karela Juice Nutrition Chart at a Glance

### Nutritional Value Per 100gm of Karela juice

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- Carbohydrate-3.70 gm

- Protein-1gm

- Total fat-0.17gm

- Cholesterol-0mg

- Dietary fiber-2.80mg

BENEFITS.

- Niacin-0.400mg

- Folate-72µg

- Pyridoxine-0.043mg

- Riboflavin-0.040mg

- Thiamin-0.040mg

- Sodium-5 mg

- Potassium-296 mg

- Calcium-19mg

- Iron-0.40 mg

- Copper-0.034mg

- Zinc-0.80mg

SEEDS/)

So these were the many benefits of karela juice. If you haven't tried it yet, we surely recommend you begin now!!

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**3 Harmful Foods**

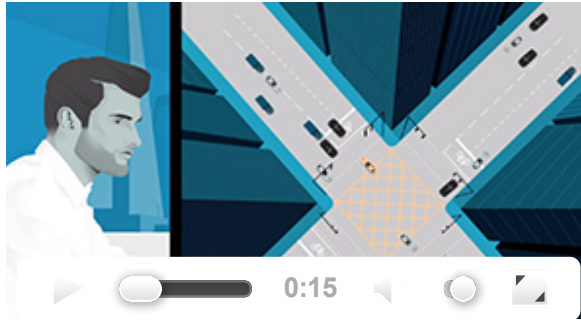
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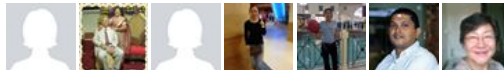
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